

Congressional Record



INTRODUCTION OF ZZZ'S TO A'S

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OF CALIFORNIA
IN THE HOUSE OF REPRESENTATIVES

Extensions of Remarks (E649)

Wednesday, April 2, 2003

Ms. LOFGREN. Mr. Speaker, there is a growing crisis in America. With early school start times, some before 7:00 a.m., adolescents do not get enough sleep. The National Sleep Foundation reports that children and adolescents need at least 9 to 10 hours each night. But few sleep that much, and even fewer sleep on a regular schedule. Over time sleep deprivation leads to serious consequences for the health, safety, social behavior, and academic achievement of the nation's youth. This is simply unacceptable, especially since the solution is so easy. We must encourage schools to push back their start times to at least 8:30 a.m.—a schedule more in tune with adolescents' biological sleep and wake patterns and more like the normal adult workday.

A recently published study by Dr. Kyla Wahlstrom at the University of Minnesota demonstrates the impact of later school start times. After the Minneapolis Public School District changed the starting times of seven high schools from 7:15 a.m. to 8:40 a.m., Dr. Wahlstrom investigated the impact of this change on school performance and the results are encouraging. Dr. Wahlstrom found improvement in attendance and enrollment rates, increased daytime

alertness, and decreased student-reported depression. If we allow adolescents to perform in accordance with their biological clocks, we provide them with the opportunity to succeed in school. Further, adequate sleep benefits adolescents by decreasing their chances of sleep-related car accidents and child obesity.

As more research is done, the picture is clear—with early school start times, we place undue pressure on adolescents' ability to perform and achieve in school. Some school districts have responded to the research and have pushed school start times back. In total, 34 school districts across 19 states have pushed back school start times. In addition, the evidence has led nearly 100 additional school districts to consider changes.

I continue to advocate for later school start times and today I am reintroducing the ZZZ's to A's resolution to encourage schools to push back their start times to at least 8:30 a.m. I urge my colleagues to join me in this initiative. By encouraging schools to push back their start times and allowing adolescents to get enough sleep, we provide students with the opportunity to function normally, achieve in school, and be their best!